

Baked Chicken



main meals

POINTS® Value: 3

Servings: 4

Preparation Time: 10 min

Cooking Time: 35 min

Level of Difficulty: Easy

Use fresh herbs and lemon juice to give plain baked chicken fantastic flavor. This combination of flavors also works well with turkey cutlets or white fish fillets.

Ingredients

- 1 spray(s) cooking spray
- 1 pound(s) uncooked boneless, skinless chicken breast, four 4 oz halves
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 1 tsp olive oil
- 2 tsp fresh lemon juice, or more to taste
- 2 tsp rosemary, fresh, chopped
- 2 tsp parsley, fresh, chopped
- 1/4 cup(s) canned chicken broth
- 1/2 medium lemon(s), quartered (for garnish)

Instructions

Preheat oven to 400°F. Coat a small, shallow roasting pan with cooking spray.

Season both sides of chicken with salt and pepper. Transfer chicken to prepared pan and drizzle with oil; sprinkle with lemon juice, rosemary and parsley. Pour broth around chicken to coat bottom of pan.

Bake until chicken is cooked through, about 30 to 35 minutes. Garnish with fresh lemon and serve. Yields 1 chicken breast half per serving.

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